

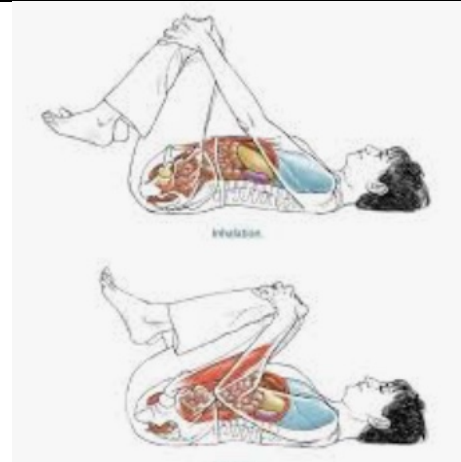
Let's Practice

Focus on Pelvis, Hips and Low Back

Our goal is to decompress and find space for greater mobility, strength, support, comfort & ease.

Consider the varying strength requirements between Lying, Kneeling, Sitting and Stranding Poses. The lower you are in relation to gravity, generally the lower strength requirement. Adjust your poses to accommodate the current state of your hips and back.

Apanasana and
Circles with
hands on knees
Knees bent, feet
on floor – feel
hip weigh side
to side =
assessment



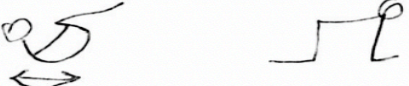

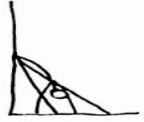


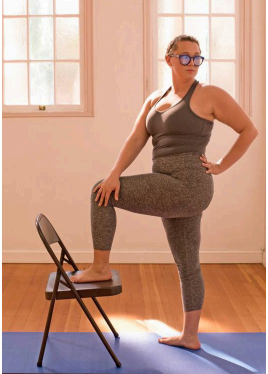


Linda Lack
Releases and
reaching



One leg
lengthened (or
bent with foot
on floor) and
the other bent
into body
progressing to
straightened
leg, using strap
if/as needed –
may also swing
that leg out
progressing to
foot on floor
lifting toward
chest



<p>Bridge – lengthening Setubandha Sarvangasana</p>	
<p>Balance with pressing feet to the ceiling and sweeping arms to floor overhead Then opening and closing legs, holding in V shape and circling ankles and pointing and flexing</p>	
<p>Rock and Roll several time and then come to Table</p>	
<p>Tadasana</p>	 <p>Mountain Pose</p>
<p>Forward Bend at Wall with legs a little wider than hips</p>	
<p>Down Dog to the Wall</p>	
<p>Hamstring opening with one leg lifted to chair seat with blocks as appropriate With or without twist</p>	
<p>Twist with one leg on a chair seat, twisting to face the wall, first lifting onto ball of lower foot and then lowering it; hands can be on the wall</p>	

Trikonasana
Triangle

Use block or
place lower
hand along chin



Warrior 2 to
Side Angle –
turn thigh of
straight leg
toward the floor



Warrior II



Downward
Facing Dog



Downward Dog

Cat Cow



Cat-Cow

Locust from
Hands and
Knees



Low Lunge
Anjaneyasana

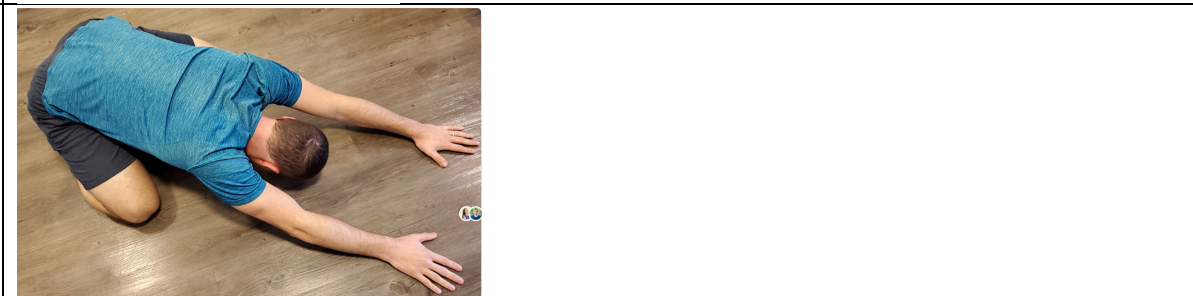


Downward Facing Dog

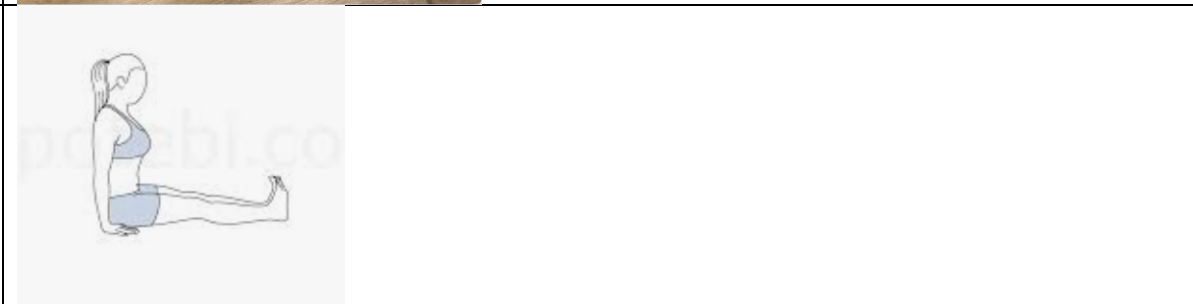


Downward Dog

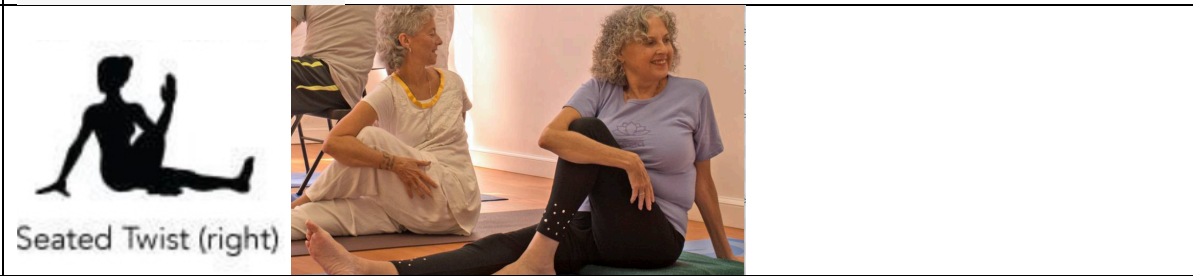
Wide-Legged Child's Pose



Dandasana



Ardha Matsyendrasana or Half Lord of the Fish or variation



Seated Twist (right)

Baddhakonasana a Seated Bound Angle



Seated Forward Bend



Linda Lack
Releases and
reaching

Support twist w/
blankets



Resting with
Legs up the wall
Viparita Karani
Place a strap
just above your
knees to keep
your legs from
sliding & allow
for more
relaxation &
blankets for
cushioning



Sivasana with
props (pillow,
blankets,
bolster) under
knees for
comfort



Simple/Easy
Pose
Sukhasana

